

# Great South Bay YMCA

200 West Main Street, Bay Shore, NY | 631.665.4255 | YMCAI.org

Registration Begins Monday, August 26, 2024

Fall Session I: Sunday, Sept. 8, 2024 – Saturday, Nov. 16, 2024

Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
-------	--------	--------	---------	-----------	----------	--------	----------	-------

## AQUATICS PROGRAMS

**INFANT/TODDLER SWIM LESSONS (6 MONTHS-3 YEARS OLD)** Classes meet once per week for 9 weeks. Adult supervision required. 30 Minutes. FULL PROGRAM

STAGE A Water Discovery 6-18 mos.					10:15-10:45am 6:00-6:30pm	10:00-10:30am	11:00-11:30am	\$153	\$230
STAGE B Water Exploration 19-36 mos.		6:00-6:30pm	6:00-6:30pm		10:45-11:15am	10:30-11:00am	9:00-9:30am	\$153	\$230

**PRE-SCHOOL SWIM LESSONS (3-5 YEARS)** Classes meet once per week for 9 weeks. 30 minutes. FULL PROGRAM

STAGE 1 Water Acclimation	9:00-9:30am	3:30-4:00pm	10:30-11:00am 4:00-4:30pm	1:00-1:30pm 4:00-4:30pm	6:30-7:00pm		9:30-10:00am 11:30am-12:00pm	\$153	\$230
STAGE 2 Water Movement	10:00-10:30am	4:00-4:30pm	6:45-7:15pm	3:30-4:00pm		1:30-2:00pm	10:30-11:00am 12:00-12:30pm	\$153	\$230
STAGE 3 Water Stamina	11:00-11:30am	4:30-5:00pm	3:30-4:00pm		4:00-4:30pm		9:30-10:00am	\$153	\$230
STAGE 4 Stroke Introduction							10:00-10:30am	\$153	\$230

**SCHOOL-AGE SWIM LESSONS (6-12 YEARS)** Classes meet once per week for 9 weeks. 30 minutes. FULL PROGRAM

STAGE 1 Water Acclimation	9:30-10:00am	6:30-7:00pm	4:30-5:00pm		4:30-5:00pm		10:30-11:00am 12:00-12:30pm	\$153	\$230
STAGE 2 Water Movement	11:30am-12:00pm	6:30-7:00pm	4:30-5:00pm	4:30-5:00pm			10:00-10:30am 12:30-1:00pm	\$153	\$230
STAGE 3 Water Stamina	10:30-11:00am	4:30-5:00pm	4:00-4:30pm		7:00-7:30pm	4:00-4:30pm	9:00-9:30am 11:30am-12:00pm	\$153	\$230
STAGE 4 Stroke Introduction		7:00-7:30pm	4:00-4:30pm		4:30-5:00pm	4:00-4:30pm	10:00-10:30am	\$153	\$230
STAGE 5 Stroke Development		6:00-6:30pm		4:00-4:30pm	7:00-7:30pm	4:30-5:00pm	9:00-9:30pm	\$153	\$230
STAGE 6 Stroke Mechanics		6:00-6:30pm		4:00-4:30pm	7:00-7:30pm	4:30-5:00pm	9:00-9:30pm	\$153	\$230

# Great South Bay YMCA

200 West Main Street, Bay Shore, NY | 631.665.4255 | YMCAI.org

Registration Begins Monday, August 26, 2024

Fall Session I: Sunday, Sept. 8, 2024 - Saturday, Nov. 16, 2024

Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>PRE SWIM TEAM</b> Classes meet once per week for 9 weeks, unless otherwise indicated.								FULL	PROGRAM
Pre-Swim Team Beginner			5:15-6:00pm					\$171	\$257
Pre-Swim Team Intermediate					5:15-6:00pm			\$171	\$257
Pre-Swim Team Advanced (2x/Week)			6:00-6:45pm		6:00-6:45pm			\$218	\$281
<b>LIFEGUARD PREP/TEEN SWIM LESSONS/SENSATIONAL SWIM</b>								FULL	PROGRAM
Lifeguard Prep							12:00-12:45pm	\$171	\$257
Swim Basics Teen (12-17yrs)		6:30-7:15pm						\$171	\$257
Sensational Swim Special Needs				6:00-6:30pm 7:00-7:30pm				\$153	\$230
<b>ADULT SWIM LESSONS/WORKOUT 17+</b>								FULL	PROGRAM
Swim Strokes Adult Swim Lessons			6:45-7:30pm		8:45-9:30am			\$171	\$257
Adult Swim Workout (2x/week)		5:30-7:00am		5:30-7:00am				\$217	\$350
<b>AQUATIC FITNESS PROGRAMS</b>								FULL	PROGRAM
AFYAP		1:00-2:00pm				1:00-2:00pm		\$105	\$158
Aqua Jog			8:30-9:30am					\$105	\$158
Senior Shape Up			1:00-2:00pm		1:00-2:00pm			\$105	\$158
Water Slimnastics		9:00-10:00am			8:30-9:30am	9:00-10:00am		\$105	\$158
Power Water Walking				9:00-9:45am	9:30-10:15am			\$79	\$119
Aqua Power Express			9:30-10:15am					\$79	\$119
Boga Fit	10:30-11:00am			1:30-2:00pm				\$79	\$119

## Private Swim Lessons

4-pk (30 mins) \$255

8-pk (30 mins) \$463

12-pk (30 mins) \$632

## Semi-Private Swim Lessons

4-pk (30 mins) \$209/Per Person

8-pk (30 mins) \$389/ Per Person

12-pk (30 mins) \$531/ Per Person

2-3 participants; similar age & ability

Want to try out a Water Fitness class?

**BUY 3 GET THE 4TH FREE!!!**

# Great South Bay

200 West Main Street, Bay Shore, NY | 631.665.4255 | YMCAI.org

Registration Begins Monday, August 26, 2024

Fall Session I: Sunday, Sept. 8, 2024 - Saturday, Nov. 16, 2024

Contact: Despina Tenedorio | 516-344-6715 | despina.tenedorio@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
<b>HEALTH AND WELLNESS</b>										
Small Group Training		5:30pm-6:15pm Strength, Core & Cardio	9:15-10:00am Boxing 10:15-11:00am Total Body 11:15am-12:00pm Senior 6:30-7:15pm Strength, Cardio & Core	5:30-6:15am Legs, Butt & Abs	10:15-11:00am Total Body 11:15-12:00pm Weightloss		8:00-8:45am Warrior	\$160	\$240	
Parkinsons Steady On Your Feet		1:15-2:00pm						\$160	\$240	
<b>YOUTH FITNESS/TEEN   10 WEEK SESSIONS</b>										
Sports Conditioning w/ Rudy			4:30-5:15pm Ages 8-15					\$130	\$195	
Basketball Clinic					4:15-5:00pm Ages 8-15			\$130	\$195	
Vertical Plyo Conditioning				4:30-5:15pm Ages 8-15				\$130	\$195	
Intro to Power Lifting w/ Kevin		4:30-5:15pm Ages 12-16						\$130	\$195	
<b>PICKLEBALL INSTRUCTIONAL CLASSES   5 WEEK SESSIONS   SESSION 1: 9/11-10/9   SESSION 2: 10/16-11/13</b>										
Beginner 16 and Up				11:00am-12:00pm				\$80	\$120	
Intermediate 16 and Up				10:00-11:00am				\$80	\$120	
Serves/ Dinks 16 and Up				9:00-10:00am				\$80	\$120	

# Great South Bay

200 West Main Street, Bay Shore, NY | 631.665.4255 | YMCAI.org

Registration Begins Monday, August 26, 2024

Fall Session I: Sunday, Sept. 8, 2024 - Saturday, Nov. 16, 2024

Contact: Alicia Apolinaris | 516-344-6722 | alicia.apolinaris@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
<b>PARENT/ CHILD CLASSES (18-36 Months)-9 WEEK SESSION</b>										
My Buddy and Me Zumba for Kids			1:00-1:45pm Arboretum Room				9:45-10:30am Arboretum Room	\$116	\$183	
My Buddy and Me Play with a Purpose					10:15-11:00am Jitterbug Room		10:15-11:00am Jitterbug Room	\$116	\$183	
My Buddy and Me Arts & Crafts						10:15-11:00am Redwood Forest Room		\$116	\$183	
<b>YOUTH PROGRAMS (3-5 Years Old)- 9 WEEK SESSION</b>										
Peewee Sports						1:45-2:30pm Court B	8:15-9:00am Court A	\$116	\$183	
Arts & Crafts							9:45-10:30am Redwood Forest Room	\$116	\$183	
Zumba for Kids						10:15-11:00am Arboretum Room		\$116	\$183	
Fitness Fun						1:00-1:45pm Court B		\$116	\$183	
<b>YOUTH PROGRAMS (K-2nd Grade)-9 WEEK SESSION</b>										
Video & Board Game Club						5:30-6:30pm Rec Center		\$116	\$183	
Arts & Crafts							10:45-11:45am Redwood Forest Room	\$116	\$183	
Taste & Learn with Food							11:00am-12:00pm Everglades Room	\$116	\$183	
Zumba for Kids							10:45-11:45am Arboretum Room	\$116	\$183	
Fitness Fun					4:00-5:00pm Jitterbug Room		12:30-1:30pm Jitterbug Room	\$116	\$183	
Sports Sampler			4:00-5:00pm Court A				11:00am-12:00pm Court B	\$116	\$183	

# Great South Bay

200 West Main Street, Bay Shore, NY | 631.665.4255 | YMCAI.org

Registration Begins Monday, August 26, 2024

Fall Session I: Sunday, Sept. 8, 2024 - Saturday, Nov. 16, 2024

Contact: Alicia Apolinaris | 516-344-6722 | alicia.apolinaris@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>YOUTH PROGRAMS (3rd-5th Grade)-9 WEEK SESSION</b>									FULL PROGRAM
Video & Board Game Club							9:00-11:00am Rec Center	\$116	\$183
Arts & Crafts					4:45-5:45pm Redwood Forest			\$116	\$183
Taste & Learn with Food				5:00-6:00pm Everglades Room				\$116	\$183
Zumba For Kids			4:45-5:45pm Arboretum Room					\$116	\$183
Fitness Fun			5:45-6:45pm Jitterbug Room					\$116	\$183
<b>YOUTH PROGRAMS /PRE-TEEN REC-9 WEEK SESSION</b>									FULL PROGRAM
Video & Board Game Club Ages 8-13				5:30-8:00pm Rec Center				\$116	\$183
Arts & Crafts Ages 11-13					5:45-6:45pm Redwood Forest			\$116	\$183
Zumba For Kids Ages 11-13						5:30-6:30pm Arboretum Room		\$116	\$183
Taste & Learn with Food Ages 11-13				6:00-7:00pm Everglades Room				\$116	\$183
Volleyball Ages 8-12					5:00-6:00pm Court A			\$116	\$183
Basketball Stage 1 Ages 6-8							9:00-10:00am Court A	\$116	\$183
Basketball Stage 2 Ages 9-12							10:00-11:00am Court B	\$116	\$183
Basketball Stage 3 Ages 9-12							9:00-10:00am Court B	\$116	\$183
Basketball Stage 4 Ages 12-18							10:00-11:00 Court A	\$116	\$183

Stage 1: Children are introduced to the sport and starting skills needed for the game. Fun and informative plus a good workout for them

Stage 2: Next level skills worked on. Dribbling passing, m and shooting development. Incorporate fun basketball game into their season.

Stage 3: Great for those kids that are looking to make a team or play already on a starting level team. Shooting, technique, ball handling and game prep

Stage 4: Advanced basketball training. Focus on advanced offensive and defensive game skills. Higher level ball handling and shooting technique. Session also includes age appropriate cardio, plyometric and weight training. Focus on advanced offensive and defensive game skills. Perfect way to get an athlete ready for the late Fall middle school or high school basketball team.

Open Family Gym: Saturday, 12-4pm Court A

Open Teen Rec Center (Ages 13+): Monday, Tuesday, and Thursday 6-8pm  
& Saturday 12-4pm